

Weekly News 20th August 2021 and Keeping Well Tips



Inclusion North will give you the Government's big messages here.



More than 47 million people have had at least one dose of the vaccine against Coronavirus.



This is the biggest vaccine programme the country has ever done.



Everyone over the age of 16 can now book a vaccine.



Those aged 12 and over who live with people who are vulnerable can also get the vaccine.

Newquay has the highest rate of Coronavirus in England. Some other holiday places are also seeing an increase in Coronavirus.



You might want to think about where you choose to go on holiday.



The rules changed early this week about self isolating.

You do not have to self isolate if you have had both doses of the vaccine.



If you come into contact with someone with Coronavirus, the advice is that you take a PCR test.



You only need to self isolate if the test comes back positive.

Wellbeing Tips

We should all be looking after our planet – one man has started to use old face masks and is turning them into art. This means less waste.

Maybe you could think of something to do with your old face masks.

You can use re-useable face masks – these can be washed and used again.

If we look after our planet our, planet will look after us.

